

# Utah's Asthma Chronicle

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## Back to School with Asthma

A new Utah Department of Health (UDOH) campaign is encouraging parents of the more than 64,000 Utah children with asthma, to take preventive measures for a smooth transition as their children head back to school.

The campaign includes radio ads on KSL, an article in the Healthy Utah magazine, and posters sent to all pediatricians, pharmacies, and public schools in Utah.

The UDOH recommends parents of children with asthma to:

- » Complete a self-administration form and turn it in to the school nurse or office.
- » Ask your doctor for a written Asthma Action Plan, an individual guide that indicates what things to avoid and what to do in an emergency or during an asthma attack.

» Encourage your student's PE teachers and coaches to complete the "Winning With Asthma" online educational program at [www.WinningWithAsthma.org](http://www.WinningWithAsthma.org).

» Ensure your child's flu shots are up-to-date.

For more information about the campaign, and to order inhaler posters (available in English and Spanish), contact Libbey Chuy at 538-6441, or [lchuy@utah.gov](mailto:lchuy@utah.gov).

Educational materials  
are now available  
in Spanish!

## Asthma Child Care Survey

Utah is in the process of conducting a statewide asthma childcare survey. The survey was developed in response to several literature reviews about the importance of providing trainings to childcare providers.



The survey was developed to determine the types of asthma management training needed by Utah childcare providers. The surveys were sent to nearly 1,000 child

care facilities this past July and results will be used to guide the development of an asthma training program, a resource guide and other asthma materials later this fall.

For more information about the survey, contact Kimberly Cutler at 801-484-4456, or [kcutter@lungutah.org](mailto:kcutter@lungutah.org).



## Task Force Member Spotlight

Dr. Wayne Cannon, Primary Clinical Program Leader, has worked with Intermountain Healthcare for more than 10 years. Dr. Cannon earned his undergraduate degree in chemistry from BYU and is also a University of Utah School of Medicine graduate, where he also completed his pediatric training. Dr. Cannon educates physicians and patients about asthma and other acute and chronic health care conditions.



Wayne Cannon, MD

In 2002, he encouraged Intermountain Healthcare to become involved with Utah's Asthma Task Force. Dr. Cannon wanted Intermountain to be aware of the state health department's efforts to fight asthma so they could integrate the program, support state initiatives, and help with program objectives. Currently, Cannon participates in the Asthma Health System's Action Group, and provides feedback to the Asthma Friendly Pharmacy Project (AFPP) to be launched April 2008. Cannon also helped market and implement the provider manual among doctors at Intermountain. In June 2007, Dr. Cannon was a panel member at the second annual Asthma Genomics Conference.

Dr. Cannon is married to Gwen Cannon, also a pediatrician, and has seven children. Dr. Cannon enjoys spending time with his family and exploring Utah's wilderness.

Thanks, Dr. Cannon, for your significant contribution to the Utah Asthma Task Force!

## Task Force Welcomes New Staff Members

**Kimberly Cutler Johnson** replaced **Cherissa Wood**, as the liaison with the American Lung Association of Utah (ALAU) and the Utah Department of Health's Asthma Program. Cherissa Wood is now the asthma program manager for the ALAU. Kim provides staff support to the Population Issues Action Group, oversees community mini-grants, and promotes the "Open Airways Program." Kim is excited about her new position and looks forward to working with those involved with the Utah Asthma Task Force!

**Amara Zafar** replaced **Patrick Lee** in September as the epidemiologist for both the Utah Asthma and Chronic Disease Genomics Programs. Amara received her Master of Public Health from Des Moines University and is excited to be here in Utah working on epidemiology and surveillance. Welcome!

Newly released!  
NAEPP Guidelines

[www.nhlbi.nih.gov/guidelines/asthma/index.htm](http://www.nhlbi.nih.gov/guidelines/asthma/index.htm)

## Asthma Genomics Conference - A success!

The 2nd Annual Asthma Genomics Conference was held June 7, 2007 at the Utah Department of Health.

More than 35 health professionals attended and learned from Dr. Karen Edwards, an epidemiologist at the University of Washington School of Genomics and Public Health. Other speakers included Craig Teerlink, a PhD candidate from the Department of Genetics at the University of Utah, and a panel of

providers made up of Dr. Wayne Cannon, Intermountain Healthcare, Tad Jolley, Pharmacist at Jolley Pharmacies, and Paul Eberle from Weber State, Department of Respiratory Care.

For more asthma genomics information, visit [www.health.utah.gov/asthma/genomics](http://www.health.utah.gov/asthma/genomics).



## Asthma-Friendly Pharmacies

The Asthma Management Action Group is working on a "Utah Asthma Friendly Pharmacy Project," which is modeled after several pharmacy patient education projects from across the nation. The projects show improved asthma management skills and quality of life for people with asthma.

Utah's desired outcomes include:

- » Increase utilization of community resources.
- » Improve self-management skills
- » Increase compliance with asthma management and the use of asthma action plans.

This project will give pharmacists the opportunity to give patient education about medications, inhaler techniques, and triggers. The pilot program is set to launch April 2008.

Current partners: University of Utah School of Pharmacy, Jolley Pharmacies, Intermountain Healthcare, Select Health, American Lung Association of Utah, Utah Asthma Program, Medicaid, Weber State University Department of Respiratory Care, and others.

Contact Rebecca Jorgensen at 801-538-9272 or

## Make Your Home Asthma Friendly!

- » **Take it outside.** One of the most common asthma triggers in the home is secondhand smoke. Until you can quit, smoke outside, not in your home or car.
- » For **dust mite control**, cover mattresses and pillows with dust-proof zipped covers. Wash sheets and blankets once a week in hot water.
- » **Household pets** can trigger asthma from their skin flakes, urine, and saliva. Keep pets outdoors, if possible.
- » **Cockroaches can trigger asthma.** Don't invite them into your home by leaving food or garbage out. Always clean up messes and spills and store food in airtight containers.
- » **Break the mold.** Mold is another asthma trigger. The key to controlling mold is controlling moisture. Wash and dry hard surfaces to prevent and remove mold. Replace moldy ceiling tiles and carpet. Use exhaust fans or open windows when cooking and showering. Fix leaky plumbing or other unwanted sources of water.

## Upcoming Events

### September

» Utah Asthma Community Meeting

September 25, 9:30 - 11:00 a.m.

Human Services Community Council of

Washington County, St. George

### October

» Utah Asthma Task Force Meeting

October 2, 7:30 - 9:00 a.m.

Utah Department of Health, Room #125

288 North 1460 West, SLC

### November

» St. George/Cedar City Asthma Kickoff

November 7, 2007, 1:00 - 2:30 p.m.

St. George Senior Center

245 North 200 West, St. George

### January

» Utah Asthma Task Force Meeting

January 8th, 7:30 - 9:00 a.m.

Utah Department of Health, Room #125

288 North 1460 West, SLC

## Heading South . . .

Task Force members recently partnered with Prime Senior Services, HomeInstead Senior Care and others in the St. George/Cedar City areas. An asthma educational series for older adults is planned for:

» Wednesday, November 7th, 2007

St. George Senior Center

245 North 200 West, St. George

1:00 - 2:30 p.m.

For more information about activities in Southwest Utah, contact Rebecca Jorgensen at 801-538-9272 or [rjorgens@utah.gov](mailto:rjorgens@utah.gov).



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